

### "Eating for Health"

consists in selecting food that will surely rebuild the tissue cells of brain, nerve and muscle. In this daily rebuilding certain elements richly stored in the field grains are all-important.

## Grape-Nuts

made of whole wheat and malted barley, supplies in splendid proportion all the rich nutriment of the grains, including their vital mineral salts, phosphate of potash, etc., lacking in the usual dietary of many, but necessary for building and storing up reserve energy.

Grape-Nuts comes in sealed packages—fresh, crisp and ready to eat. It has a delicious nut-like flavour, is easily and quickly digested and, with cream or good milk, is an ideal ration for health.

### "There's a Reason"

Sold by Grocers everywhere.



### WARM RAINS DRIVE SNOW FROM HILLS IN UKIAH SECTION

CREEKS ARE HIGHER THAN AT ANY TIME SINCE THE MELTING BEGAN.

No Danger Felt for Bridges, However, As Ice is All Out of Streams; Ben Colvin is Seriously Ill; Postoffice Will Be Removed Into New Building; Other Notes.

(East Oregonian Special.) UKIAH, Ore., March 14.—The warm rains of the last few days have melted the snow very fast, and the creeks are higher now than at any time since the snow began to go and as the ice is all out of the creeks there is little danger to the bridges.

The young son of Mr. and Mrs. Will McLaughlin of Ada, is seriously ill with heart trouble.

Charley Metteer lost a fine animal a few days ago, breaking up his match team for which he paid \$350. Ray Meenge of Bridge Creek, was in town Thursday night.

Mrs. Blanche Pitman of Monument came in on the state Thursday night from Pendleton on route to her home.

Lloyd Stuart of Pilot Rock, was in Ukiah Thursday night on business. Ben Colvin of Ritter, has been very sick at the Peterson hotel for several days. Dr. De Vail is treating him. Mr. Colvin came to Ukiah to meet Mrs. Colvin who has been visiting in California and the Sound cities since December 1. They will return to their home as soon as Mr. Colvin is able to travel.

Mossie and sons are feeding 211 head of cattle at Roscoe Dickenson's where they purchased hay. Mr. Reed is feeding them.

Fred Peterson moved a few days ago in the Welch hotel.

Mr. Chamberlain is moving his household into the building recently rented, and will move the postoffice in a few days. He has had a good gravel walk put across the street to the postoffice.

Mrs. Alex McKenzie is slowly improving from her recent illness.

Mrs. George Caldwell, who has been suffering with a severe attack of sore throat, is now recovering.

Mrs. Flossie Goff came in Friday evening on the Long Creek Stage and has taken a position at the Peterson hotel.

School in the Bolin district will begin March 12 with Miss Irma Beiles of Pendleton as a teacher, providing the weather permits.

Will Ganger and Will McKenzie delivered four tons of grain this week for the Eldridge stage stock.

Clear Hilbert of Bridge Creek was in Ukiah Wednesday on business. Harry Huston, wife and son, were in Ukiah Tuesday trading.

Mrs. R. G. Clark received a letter from her son, Luther Hughes, formerly of Ukiah, but now of Corning, California, stating that he had just passed his examination successfully and was admitted to the bar and will hereafter devote his time and talent to law practice.

After spending several days in Ukiah, Walter Kirk left for his home Tuesday.

J. H. Wagner who has been ill for several days is able to be out on the streets again.

Mrs. J. W. Sturdivant was a Ukiah visitor Wednesday and Thursday.

Geneva Huston, entertained seven of her little girl friends with a birthday party Thursday. Those present were Fay Dickinson, Ida Ingram, Grace Peterson, Nita Colvin, Beulah Moore, Tressa Gibbs and Ruth Moore. Games were played and dinner was served to the little ones by Mrs. L. G. Huston.

Harley Kirk returned from Pilot Rock Wednesday with a load of brick for the lines for Bert Andrus' new house.

Mrs. Sturm and Mrs. Rinehart of Albion and Mrs. Johnson of the Free ranch, were in Ukiah Thursday trading.

Charley Metteer and mother were in Ukiah Thursday on business.

Walter Allison and wife visited Saturday and Sunday on Bridge Creek, at the home of Mr. and Mrs. William Meenge.

Mr. and Mrs. Joe Mettle were Ukiah visitors Friday.

Vesta and Irene Kirk left Friday evening for Bridge Creek to spend Saturday and Sunday with their sister, Mrs. Chilson on the homestead.

Charley Quant of Alba was the guest of Dr. De Vail Friday night.

Mrs. William Meenge and Mrs. Walter Allison will leave for Pendleton Saturday morning to be absent several days on business.

Mr. and Mrs. Abe Martin visited with Rev. Sinclair and wife Friday. Frank Hilbert and wife, who have been spending the winter in Portland are expected home soon.

Bert Martin was in Ukiah Friday evening from his bridge creek ranch. There will be a moving picture show followed by a dance at Kirk's hall Friday night.

Employees Ordered Out. LAREDO, Tex., March 14.—American concerns operating in the Montebey district and in the vicinity of Matamoros, state of Tlaxcala, have ordered their employees to leave Mexico at once, owing to unrest among the lower classes of Mexicans, according to American passengers from that section, 250 of whom reached the border here. There is no apparent ill-feeling against Americans in Nuevo Laredo and the order in this vicinity is normal.

Orpet Hearing Postponed. CHICAGO, March 14.—The hearing of William Orpet, charged with the murder of Marion Lambert, a high school girl, has been postponed.

## Alexander's Grocery

Pendleton's Biggest and Best Department Store

### March 18 Will Be Orange Day

100 CASES EXTRA SELECT CALIFORNIA SUNKIST ORANGES. ALL SIZES.

FANCY BLUE RIBBON CELERY— 2 for 25c

EARLY ROSE, earliest of all, and EARLY OHIO seed potatoes, per cwt. \$3.00

HEAD LETTUCE, HOT-HOUSE LETTUCE, GREEN ONIONS, RADISHES, RIPE TOMATOES, CAULIFLOWER, HORSE RADISH ROOT, ETC.

GARDEN SEEDS

LOCAL SPINNACH fresh every day— 3 pounds for 25c

Now is the time. Pick them out while the assortment is complete. D. M. FERREY, MANDEVILLE and KING; LILLY'S and C. C. MORSE CO.

### Don't Forget Alexander Carries the largest grocery stock in eastern Oregon

### Round-Up Cowboy is Dead After Being Injured by Horse

HENRY WEBB SUCCEEDS TO HURT SUSTAINED WHEN ANIMAL FALLS.

Another prominent Round-up cowboy has paid the price of his recklessness with his life. Henry Webb



If fine coffee means anything to you, it means the most in the morning. Start the day right!

There are so many cups of satisfaction in a pound of Schilling's Best Coffee!

The alright this protect the flavor.

### Schilling's Best

### OPEN NOSTRILS! END A COLD OR CATARRH

How to Get Relief When Head and Nose are Stuffed Up.

Count fifty. Your cold in head of catarrh disappears. Your clogged nostrils will open the air passages of your head will clear and you can breathe freely. No more snuffling, hawking, mucous discharge, dizziness or headache, no straining for breath at night.

Get a small bottle of Ely's Cream from your druggist and apply a little of this fragrant antiseptic cream in your nostrils. It penetrates through every air passage of the head, soothing and healing the swollen or inflamed mucous membrane, giving you instant relief. Head colds and catarrh yield like magic. Don't stay stuffed up and miserable. Relief is sure.

WRITE TO YOUR FRIENDS ON Monogram Stationery W. G. SMITH & CO. WEDDING AND VISITING CARD ENGRAVERS. MORGAN BLDG., PORTLAND, OR.

J. D. Beeson CONTRACTOR Estimates furnished and given. Country work a specialty. Phone 308-W. 401 Aura

one of the best broncho busters in the game, recently succumbed to injuries sustained when a bucking horse fell with him. The following account of the fatal accident appeared in the current issue of the Wild Bunch:

Henry Webb of Wheatland, Wyo., who three years ago won the world's championship in bucking horse riding, was injured recently when a horse he was riding fell with him. On Monday afternoon on February 7th, Webb was going to drive some horses in from the pasture and saddled a horse that is a hard bucked but a good saddle horse when he will work. The horse done a lot of pitching but had apparently quit. He started in again, however, and in trying to lose his rider, the horse's feet slipped from under him and he fell with great violence upon his side. Webb's foot was caught under the horse and his head hit the ground with terrific force.

Dr. Phifer was summoned at once by phone and Webb was removed to the hospital in an unconscious condition. For four days and nights he lay in that condition in the Wheatland hospital where everything that science and medical skill could accomplish was done for him. His splendid strength and vitality kept the spark of life in his body, but consciousness failed to return and finally, added hemorrhages increased the pressure of the blood clot on the nerve centers and death came.

With the passing of Henry Webb, the game loses one of the best boys that ever sat in a saddle. He was well liked by everyone. Unassuming, quiet, unafraid, congenial and a real friend to his friends. He was always in the money at contests where he rode. He was the title of champion of the world at Cheyenne in 1913, also won second money at Calgary, Alta., in 1912. The next year he won second place at the stampede in Winnipeg. He was one of the main riders on the Elliott & Mcarty Wild West show in 1914, which was one of the best wild west shows ever assembled, although not as large as some.

Henry was born in Greeley, Colo., and at the time of his death was a little over twenty-four years of age and had made a remarkable record for anyone as young as he. He will be missed by a host of his friends throughout the west, who will be grieved to learn of the death of their friend and pal.

Besides the parents, Mr. and Mrs. J. B. Webb, the deceased is survived by a sister, Mrs. C. C. Cole, and a brother, Clyde Webb, to whom the sincerest sympathy of the community goes out.

### 15,000 SCHOOL BOYS TO RECEIVE TRAINING

NEW YORK, March 14.—Fifteen thousand New York school boys will receive military training in camp this summer under the eye of General Leonard Wood, U. S. A., and other officers.

### DR. KILMER'S SWAMP-ROOT PROVES ITS GREAT VALUE IN THE MOST DISTRESSING CASES

Doctors Advise Swamp-Root. For the last six months I have been troubled greatly with severe pains in my back, upon getting up in the morning. I went to the doctor and he told me I had kidney trouble and advised me to take Dr. Kilmer's Swamp-Root. I have taken a few bottles and am greatly improved. Swamp-Root is the greatest preparation for kidney trouble and I feel that it is to this remedy that I owe my good health.

Yours truly, R. D. WILLIAMS, Chief of Police, Fort Gaines, Ga. Attest: R. T. FOSTER, Ordinary, Clay Co., Ga.

PROVE WHAT SWAMP-ROOT WILL DO FOR YOU! Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention the Pendleton East Oregonian. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.

Organization is being completed of the National School Camp association which will conduct the camp. At a meeting next Saturday the boys will be enrolled.

Until the vacation season opens the boys are to be drilled in national guard armories after school hours to be a week.

### WOMEN PREPARING FOR HUGE CONVENTION IN MAY

Mrs. Harry Rockwell



NEW YORK, March 14.—Headquarters of the local Biennial Board of the General Federation of Women's Clubs, whose work it is to prepare for the great convention to be held in this city in May, resembles a huge beehive.

The program, which will include discussion of public health, home economics, conservation, education, industrial and social progress, art and literature, is nearing completion.

The cost of the convention will be \$10,000. Part will be defrayed by the advertisements contained in the large and artistic souvenir book of the convention. The finances are in charge of a committee headed by Mrs. Henry Rockwell. Mrs. William Grant Brown is chairman of the local board of preparation. The huge rally of women will represent 2,000,000 club women of this country that compose the federation.

A president of the general federation will be elected during the convention.

### Dick's Loss Hope in Kidney Trouble

Nine years ago while under treatment of my physician, he advised me that it would be necessary to perform an operation for Gall Stones, or I would never get well. I procured Dr. Kilmer's Swamp-Root and after taking eight bottles was entirely cured. Am glad to say that I have never had a return of this trouble and would gladly recommend Swamp-Root to anyone so troubled.

Yours truly, JAS. G. INGRAM, Cordele, Georgia. Sworn to and subscribed before me this 16th day of February, 1915. E. F. TISON, Notary Public, Crisp Co., Georgia.

### GIRL'S DREAM ENDS IN TRIP BACK HOME



MISS FLORENCE MARTIN

NEW YORK, March 14.—(Press) seventeen year old Florence Martin, daughter of a family socially prominent in the Back Bay section of Boston, has left New York and has returned to her home in Boston with her ambitions for a stage career unfulfilled. Also she doesn't think much of the residents of the metropolis and says that Detectives Randolph and Moore, who upon a telegram from Chief of Police Growley of Boston, traced Miss Martin to a hotel

where she was registered under the name of "Peggy Elzerette" were the first intelligent men she had met in New York.

She had been told, she said, by persons who had heard her in amateur recitals that she had a good voice and she came to this city to seek a career on the stage. She pawned some of her jewelry to pay her expenses while here. Her mother came from Boston to take her home. She is a sister of the Brookline high school.

Requests of the Civic League that the offenders be arrested have been ignored by the Ekibart police, members of the league say.

### SUNDAY LAW STOPS MARSHFIELD DANCE

MARSHFIELD, Ore., March 14.—The bowery dance advertised to open the Simpson pavillion at Simpson Park at North Bend, was not given on account of threatened prosecution under the Sunday closing law.

When the dance was advertised a complaint was made to District Attorney Lilleqvist. The latter informed the managers of the dance that he would be compelled to prosecute if the event took place, and it was decided not to attempt it.

The district attorney took the position some time ago that he would not attempt to enforce the Sunday law unless complaints were made to him. This is the first complaint that has been made to enforce the law in this county.

### Keeps Your Stove Shining Bright

Black Silk Stove Polish

It is in a class by itself. It's more carefully made and made from better materials.

Try it on your stove, your iron range or your gas range. If you don't find it the best polish yet ever used, your hardware or grocery dealer is authorized to refund your money.

There's "A Shine for Every Drop"

Get a Can TODAY

### WHY HAIR FALLS OUT

Dandruff causes a feverish irritation of the scalp, the hair roots shrink loosen and then the hair comes out fast. To stop falling hair at once and rid the scalp of every particle of dandruff, get a 25 cent bottle of Dandruff, get a 25 cent bottle of Dandruff in any drug store, pour a little in your hand and rub well into the scalp. After a few applications all dandruff disappears and the hair stops coming out.

### MOTHER! GIVE CHILD "SYRUP OF FIGS" IF TONGUE IS COATED

IF CROSS, FEVERISH, SICK, BILIOUS, CLEAN LITTLE LIVER AND BOWELS.

Children love this "fruit laxative" and nothing else cleanses the tender stomach, liver and bowels so nicely.

A child simply will not stop playing to empty the bowels, and the result is, they become tightly clogged with waste, liver gets sluggish, stomach sour, then your little one becomes cross, half-sick, feverish, don't eat, sleep or act naturally, breath is bad, system full of cold, has sore throat, stomach-ache or diarrhoea. Listen, Mother! See if tongue is coated, then give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated waste, sour bile and undigested food passes out of the system, and you have a well, playful child again.

Millions of mothers give "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Beware of counterfeits sold here. Get the genuine, made by "California Fig Syrup Company." Refuse any other kind with contempt.

Requests of the Civic League that the offenders be arrested have been ignored by the Ekibart police, members of the league say.

### Root for the Bowler Boys and Help them advertise Pendleton and the Round-Up



ATTEND THE

### Bowlers' Dance

WEDNESDAY, MARCH 15TH

### Moose Hall

SAWYER'S ORCHESTRA 50c

The proceeds to be used toward sending a Pendleton team to the Northwest International Bowling Assn. Tournament in Seattle, April 26 to 29.